

Military OneSource

Whether it's help with child care, personal finances, tax preparation and filing, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is available at no cost. The Military OneSource interactive website includes locators for education, child and elder care, online articles, access to free educational books and CDs, referrals to military and community resources, financial calculators, live online Workshops, an option to email a consultant and much more.

Military OneSource is provided by the Department of Defense at no cost to Active Duty, Guard and Reserve Service Members (regardless of activation status) and their Families. It is a virtual extension of installation services.

www.MilitaryOneSource.com

Call 1-800-342-9647

Marshay Lawson

601-874-4641

marshay.lawson@militaryonesource.com

Military Family Life Consultant (MFLC)

Adult Military Family Life Consultant-MFLC:

Kyseta Warner-Armstrong

601-850-0417, kyseta.x.warner-armstrong@healthnet.com

In addition to role of building/enhancing community capacity, provide non-medical, short-term, solution-focused counseling services to individuals, couples, Families, and groups. Facilitate educational groups addressing life skills and military lifestyle topics.

Child and Youth Behavioral (CYB)-MFLC:

Kerry Johnson

601-497-3128, Kerry.C.Johnson@healthnet.com

Provide outreach to Families with children to offer parenting and child development education, non-medical counseling and referral, and raise Family and community awareness about the effects of deployment and reunification on children and youth.

Family Program Personnel

State Family Program Director

MAJ James A Clark

601-313-6379, james.andrew.clark@us.army.mil

Family Programs Specialist

CSGM Earnest R Norton

601-313-6169, earnest.norton@us.army.mil

Senior Family Readiness Support Assistant

Olevia Jane Lyon

601-313-6766, olevia.lyon@us.army.mil

State Child and Youth Coordinators

Allen Pope

601-313-6765, allen.pope@us.army.mil

Jan Reeves

601-313-6620 jan.reeves@us.army.mil

Strong Bonds

SSG James Huffman

601-313-6712, james.wade.huffman@us.army.mil

172nd Airlift Wing Family Readiness

Marianne Breland

601-405-8211, marianne.breland@ang.af.mil

186th ARW Airman and Family Readiness

Connie Myers

601-484-9623, constance.myers@ang.af.mil

CRTC Air and Family Readiness

Charles Carrigan

228-214-6018, charles.carrigan@ang.af.mil

Yellow Ribbon Program Director

MAJ Joseph Hardman

601-313-6715, joseph.hardman@us.army.mil

For your financial needs contact :

Military Family Life Consultant-MFLC:

Willie McGriggs

601-214-5230, willie.e.mcgriggs@mhn.com

MSG FAMILY PROGRAMS NEWSLETTER



What Can The Family Program Office Do For You?

1410 Riverside Drive

Jackson, MS 39202

The National Guard values the support and contributions of our Families. Family Programs not only benefit Service Members and their Families, but also have a positive impact on a unit's morale and readiness.

The Family Program Office is ready to assist your Family. There isn't a problem, situation or concern that cannot be addressed by this office. You are promised complete confidentiality and professional service in a timely manner.

<http://www.jointservicesupport.org/FP/>
Hours: Monday-Friday 8:00am to 4:30pm



RESILIENCE

WHAT IS RESILIENCE? Coping With Crisis

Dealing with change or loss is an inevitable part of life. At some point, everyone experiences varying degrees of setbacks. Some of these challenges might be relatively minor (not getting into a class you really wanted to take), while others are disastrous on a much larger scale (hurricanes, tornadoes, terrorist attacks).

How we deal with these problems can play a major role in not only the outcome, but also the long-term psychological consequences.

YOU ARE NOT ALONE!!!!

Resources are **ALWAYS** available to you and your family.
After Hours Number
1-888-288-4898

CHALLENGES?

Challenge is a fact of life. Making adjustments in each life stage, coping with unexpected setbacks, or handling the daily stresses of life can turn a crisis into an opportunity for growth. —Ben Silliman, University of Wyoming Cooperative Extension

Family Program

What can I do to improve my resilience right now?

1. Make a list of at least 10 things you have to be grateful for. Think of at least five every night before you go to bed.
2. Make a list of five bottlenecks in your life. What is keeping you from getting you to where you want to be? Ask yourself, "Why haven't I accomplished my goals already?" Your answers to this question will help you understand how can you remove the bottlenecks.
3. Make a list of the ten most common excuses you give for not getting what you want.
4. Read something inspiring.
5. Call a friend who makes you laugh.

Think of three examples of bad things that happened to you in the past that ultimately turned out for the best. Now apply any insights you might have from these past events to your current life circumstances. Is there something going badly now, that eventually might turn out to be for the best? Like a relationship, job or financial situation? Don't be afraid to move in new directions and practice your resilience skills.

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UPCOMING EVENTS

Labor Day: September 5, 2011

Labor Day is celebrated on the first Monday in September. It's a day dedicated to the social and economic achievements of American workers. The holiday tributes the working class contributions to the strength, prosperity, and well-being of our country.

Labor Day became an official national holiday in 1894. This holiday is usually celebrated with summer activities - swimming, camping, picnics, etc. Labor Day is the unofficial end of summer in the Northern part of the U.S.

Patriot Day: September 11, 2011

Patriot Day is observed on September 11th in memory of the 2,993 people who lost their lives in the September 11, 2001 attacks on the United States. On that day, two hijacked airplanes crashed into the twin towers of the World Trade Center in NYC. A third hijacked aircraft crashed into the Pentagon near Washington, DC. It is believed that a fourth airplane was to crash into the White House, however, passengers aboard that plane tried to take control over the hijackers to prevent the attack. The plane ended up crashing in Pennsylvania. Innocent people lost their lives during this tragedy - many of them through trying to help others.

STRONG BONDS

Strong Bonds Weekend:
Contact SSG James Huffman
for dates.

Natchez, MS-Grand Hotel

Dates are Sept 16-18, 2011

SUPPORT OUT TROOPS

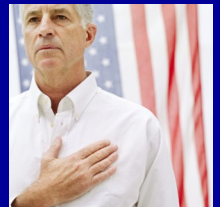


Military Families

Families4Guard



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Pledge**



1-888-288-4898

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MISSISSIPPI NATIONAL GUARD YOUTH SYMPOSIUM



This past July 24-28, 2011, the National Guard Bureau allowed two teens from Mississippi to participate at the National Youth Symposium in Louisville, Kentucky with 52 other teens around the United States . Ashley Martain and Sarah Freeman were the two candidates that were chosen to represent our State. And might I say, they did a wonderful job! There in Kentucky, the teens learned about what it means to be a leader in their families, communities, and schools. They also had the privilege of seeing the Montgomery Gentry USO Home Front Concert!

The requirements for a teen to participate at the National Guard Youth Symposium are:

- Have to be 14-17 years of age**
- Be involved in your community**
- Do well in academics**
- Social and outgoing**



Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from Our Military Kids pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.

Email address: OMKInquiry@ourmilitarykids.org.

Phone: (703) 734-6654, or toll free (866) 691-6654

Fax: (703) 734-6503

Address:

Our Military Kids, Inc.
6861 Elm Street, Suite 2A
McLean, VA 22101

Family Assistance Offices

Essential Services:

Family Assistance Centers provide information regarding entitlements, benefits and support. They help simplify the process of accessing needed services and support.

1) Legal Resource and Referral

- Service Member Civil Relief Act
- ESGR

2) Financial Resource and Referral

- understanding Military Pay
- emergency financial assistance
- personal finances & budgeting

3) TRICARE Resource and Referral

4) ID Cards and DEERS

- DEERS & Rapids locations

5) Crisis Intervention and Referral

- domestic abuse / child abuse/neglect
- threat to self and/or others

6) Community Information and Outreach

- child care resources & referral
- connect with Family Readiness Groups
- food pantry referrals

Family Assistance Specialists

Blenda Gann	601-558-2405	Cp Shelby
Janice Smith	601-558-2883	Cp Shelby
Sumer Works	601-558-2284	Cp Shelby
Johnnie Kimbrough	662-323-5922	Starkville
Katherine Ladner	228-392-9195	St Martin
Laurie Landry	228-392-9195	St Martin
Betty Lambert	228-297-2153	St Martin
Cliff Olson	662-562-6920	Senatobia
Ricky Posey	601-696-8751	Meridian
Bill Shack	662-891-9754	Tupelo
Tootsie North	601-313-6501	Jackson

Family Assistance Coordinator

Paul Purser 601-313-6502 Jackson

Family Assistance Emergency Contact

After Hours Number:

1-888-288-4898

Useful Online Resources

MSNG FAMILY PROGRAM WEBSITE

www.jointservicessupport.org

OPERATION: MILITARY KIDS

www.operationmilitarykids.org

OPERATION: MILITARY KIDS

www.operationmilitarykids.org

DEERS:

www.tricare.osd.mil/DEERS

TRICARE:

www.tricare.osd.mil

TRICARE DENTAL/UNITED CONCORDIA:

www.ucci.com

MISSISSIPPI NATIONAL GUARD WEBSITE:

<http://www.ngms.state.ms.us>

POST EXCHANGE/BASE EXCHANGE:

aafes.com

COMMISSARY:

www.commissaries.com

- * Preparation



NO FAMILY OR SERVICE MEMBER IS EVER
TURNED AWAY BECAUSE OF STATUS OR
BRANCH OF SERVICE.

Family Readiness

- * Alert & Call to Duty
- * Separation
- * Mission
- * Reunion
- * Support/Mentor Family Readiness Groups (FRGs)
- * Volunteer Training

**FAMILY READINESS CAN BE
REALIZED THROUGH EDUCATION
& TRAINING**

QUALITY OF LIFE

- * Family Fitness
- * Nutrition
- * Exercise
- * Stress
- * Parenting Skills



...ALL ELEMENTS OF FAMILY WELLNESS

Vision

To enhance quality of life for National Guard members, their families, and the communities in which they live.

Mission

To assist Family Readiness Groups and their families to cope with the strains associated with the unit deployment and state emergencies, and to receive necessary assistance from military and civilian resources.